

BRIDGTON

B NEWSLETTER

RECREATION

Jan-Feb 2018



2018

Happy New Year!

Basketball Season Is Here

Bridgton teams began their preseason practices just after Thanksgiving break and started their seasons during the first week of January. Our Bridgton athletes are all doing a great job improving their shooting, passing, and dribbling. This year, Bridgton has three third/forth grade teams and two fifth and sixth grade teams. Next time you see Kat Harju, Glynn Ross, Arthur McDougall, Carrie Bush, or Sarah Brown thank them for taking the time to help our athletes become better players and people! We could not have a basketball program without your help, thank you! You can catch your friends playing basketball on Wednesday nights at the Town Hall or Saturday mornings at the Lake Region Middle School.

PACK THE HOUSE
 1/19/18
 GO LAKERS!!

Upcoming Events

1/19/18

Pack The House Night @ Lake Region High School

5:30 Girls Varsity

7:00 Boys Varsity

2/10/18

3/4 Grade Round Robin

2/26/18

Baseball/Softball Coaches Meeting

2/27/18-3/1/18

5/6 Grade Basketball Playoffs

It is going to be a great time at the Lake Region High School on January 19, 2018. Both the boys and girls Varsity teams are home. Girls play at 5:30 and the Boys at 7:00! Wear your Lake Region Youth Basketball jersey or your Laker t-shirt from the K-2 basketball program and get in the game FREE! Let's pack the house!!!

Town Hall Programs

Table Tennis, Tai Chi, SWEAT

OVERVIEW

Table Tennis—Welcomes anyone with basic ping pong skills. The group includes everyone from beginners to USATT rated players. The better players will offer playing tips if asked. There is no membership. Just show up with tennis shoes and interest and we will supply the tables, paddles, balls etc. NO COST—FREE

SWEAT—Strength, Winning Attitude, Endurance, Agility, and Toning all brought together into one high energy, music pumping class. With TRX, Body Weight, Cardio, Training Ropes, Bosu Balls and a Weight Training program all in a 55 minute training program!! Whatever your fitness goals, or level of fitness you will achieve ultimate success with this class!

Tai Chi- Tai Chi Maine is a “not for profit” organization which not only emphasizes the health benefits of the Tai Chi form created by Master Moy, but continues his philosophy of "Giving Back to Community." Since the physical and health benefits of practicing Tai Chi are now well documented, we know that our members, particularly older adults, can improve their balance, memory, flexibility and mental outlook; we find that members that attend class at least twice a week improve their health in all these ways. You'll find that you are among friendly, encouraging people who are finding that Tai Chi improves their lives and hope you will want to improve yours. FMI visit our website at: www.taichiinmaine.com

<i>Bridgton Town Hall Winter Schedule 2017-18</i>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	**USE OF THE TOWN HALL OUTSIDE OF SCHEDULED PROGRAMING IS PROHIBITED**						
7:30							
8:00		Dee's Aerobics		Dee's Aerobics			Youth Basketball
8:30	Walking 8:30-9:00	8:00 - 8:55 AM	Walking 8:30-9:00	8:00 - 8:55 AM	Walking 8:30-9:00		8:00 - 10:00 PM
9:00	Jumping Janes	Tai Chi White Swan	Jumping Janes		Jumping Janes		
9:30	9:00 - 10:00 AM	9:00 - 10:00 AM	9:00 - 10:00 AM		9:00 - 10:00 AM		
10:00	Toddler Playgroup	Tai Chi Maine	Toddler Playgroup	Tai Chi Maine	Tai Chi Maine		
10:30	10:00 - 12:00PM	10:00 - 11:30 AM	10:00 - 12:00PM	10:00 - 11:30 AM	10:00 - 11:30 AM		
11:00							
11:30							
12:00	OPEN Pickleball		OPEN Pickleball		OPEN Pickleball		
12:30	12:00 - 2:30 PM		12:00 - 2:30 PM		12:00 - 2:30 PM		
1:00							Table Tennis
1:30							1:00 - 4:00PM
2:00							
2:30	Division 3+	Division 4+	Division 3+	Division 4+	Division 4+		
3:00	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball		
3:30	2:30 - 5:00 PM	2:30 - 5:00 PM	2:30 - 5:00 PM	2:30 - 5:00 PM	2:30 - 5:00 PM		
4:00							
4:30	Please vist http://ifpickleball.org/ifp-rating-descriptions/ International Federation of Pickleball for Division Descriptions						
5:00			Youth Basketball				
5:30	Zumba w/ Vicki		5:30 - 8:00 PM	Youth Basketball			
6:00	5:45 - 6:45 PM	SWEAT Fitness		5:30 - 8:00 PM			
6:30		6:00 - 7:00					
7:00							
7:30							
8:00	NOTICE						
8:30	ALL ACTIVITIES						
9:00	MONITORED BY						
	VIDEO CAMERA						
			Gary Colello, Bridgton Recreation Director				
			rec@bridgtonmaine.org, CELL207-647-1126				
						IN CASE OF EMERGENCY	
						CALL 911	
							Updated 11/9/17

REGISTER ONLINE

bridgtonmaine.org

APP STORE: SEARCH—> ACTIVE



Rec Director Notes

Happy New Year! We had a lot of great times in 2017. Girls 5th and 6th grade basketball team won the district championship. We had over ten All-Stars in baseball/softball. Summer Camp added field trips to its summer fun, and we added programs such as French Club. BOKS returned from a year without the program, and SWEAT had its most participants in three years.

We are only looking to improve for our great community in 2018. We will be adding family and adult trips such as the Botanical Gardens in late November and of course keeping our great trips we have now, like the Cabbage Island Clam Bake, and the Magic of Christmas at the Merrill Auditorium.

Now that it is January it is time to start thinking about signing up for spring athletics and programs. We want all participants to look and feel great in their uniforms so it is crucial to register early so we can have the right size shirts and uniforms. It looks like Bridgton will again have close to twenty teams across baseball, softball, and lacrosse. We will sure be able to put our fields to use this spring!

Have you tried our SWEAT class yet? We have class every Tuesday at 6PM. It is class anyone can do but you have to like loud music, fun, and maybe that extra needed push during the week! Did you know we have a 8 minute ab session at the end of each class?

Are you interested in coaching a sport this spring? Call 647-1126 or e-mail rec@bridgtonmaine.org. We are in need of volunteers!

Stay Warm,

Gary Colello, Recreation Director

K-2 Basketball Program

LITTLE

DRIBBLERS

